



## LiveWell Newsletter

January 2018



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The LiveWell Champions celebrated their hard work and dedication to the program by sampling some wellness activities, acknowledging their peers contributions to the well-being of the County and planning for 2018. With over 75 representatives across the County, the LiveWell Champions are ready to continue supporting the goals and initiatives of the LiveWell program.

If you are interested in joining the 2018 Champions committee, please send us an email at [LiveWell@Montgomerycountmd.gov](mailto:LiveWell@Montgomerycountmd.gov)

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### 3 Secrets of People Who Keep Their New Year's Resolutions



New Year's resolutions often start with the best intentions, but unfortunately only 8% of people actually stick to what they resolved to do. What's their secret to success? Here are 3 secrets to reaching your goals in 2018:

1. **Be Specific:** Just saying you want to get in shape is too vague. Be specific with your goal to get in shape: sign up for a 5K, work out with a trainer, or resolve to do 5 pull ups by 2019.
2. **Be Patient:** Change takes time. The first few weeks are often easy with rapid success, but that can stall. Be patient and consistent when the going gets tough.
3. **Involve Family and Friends:** The more support you have, the better! Partner up for workout, sit down to plan a budget together, or prepare a healthy dinner.



# NEW YEAR, NEW YOU!

## RESOLUTION SOLUTIONS FAIR

**JANUARY 10, 12:00PM-2:00PM**  
1301 Piccard Drive

**JANUARY 22, 12:00PM-2:00PM**  
Upcounty Regional Services

**JANUARY 24, 12:00PM-2:00PM**  
Executive Office Building

**Check out all of the programs available to you as an MCG employee, including:**

- Weight Management Programs
- Health Coaching
- Smoking Cessation
- Disease Management
- Financial Wellness

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## January Events

### Resolution Solutions Fair

January 10, 2018 12pm-2pm 1301 Piccard Drive, Conference Room A

January 22, 2018 12pm-2pm Upcounty Regional Services, 2nd Floor Conference Room

January 24, 2018 12pm-2pm Executive Office Building, Lobby Area

Maintaining New Year's resolutions is almost impossible without support! Fortunately, MCG has several free or low cost programs available to support you and your goals. Stop by for information on weight management, health coaching, smoking cessation, financial wellness, and more!

### Pulse Check - Housing Opportunities Commission (HOC)

January 31, 2018 12pm-2pm

Do you have questions on the LiveWell and Virgin Pulse programs? Join the LiveWell team for a fun and informative event and discover all the tools you have available for your overall well-being.

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## Virgin Pulse

*204 teams across the County completed the Great American Food Tour Challenge. Teams enjoyed a virtual culinary trip through the United States and competed for Virgin Pulse points and major bragging rights.*

*Congratulations to the following participants:  
John Riley, Eleni Grigoroepoulos and Monique  
Hutchinson for getting 840,000 steps.*

*The top Three Team Winners:*

*First Place: 34/C winning 500 Points each*

*Second Place: Nevers Nice winning 300 Points  
each*

*Third Place: Justice League winning 175 Points  
each*

*Congratulations to all!*

Our next Team Challenge will be coming soon.

Log into [Virgin Pulse](#) for complete details

- Virgin Pulse customer service at 888-671-9395 or use the online chat feature on the Virgin Pulse website

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SIGN UP FOR VIRGIN PULSE



## Recipe of the Month:



### Slow Cooker Buffalo Chicken Lettuce Wraps

Total Time: 5-10 hours

Prep: 5 minutes

Level: Easy

Serves: 1

Ingredients

- 5 boneless, skinless chicken breast
- 1/2 cup buffalo sauce
- 1 dry ranch packet
- Shredded carrots and celery for topping
- Lettuce leaves or whole grain buns

#### Directions

1. Combine chicken, buffalo sauce, and ranch packet in a slow cooker.
2. Cook on low for 8-10 hours or high for 5 hours.
3. Shred while warm with two forks (chicken should fall apart).
4. Serve in lettuce wraps or whole grain buns with shredded carrots on top.

**[More Recipes Here](#)**

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*LiveWell is the Montgomery County Joint Labor Management employee wellness program. LiveWell programs are open to insurance-eligible Montgomery County Government and participating agency employees. FOP members are ineligible to participate in LiveWell programs.*

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